

August 2022

Tavistock Insider

peopleCare Tavistock * 28 William St, Tavistock, ON N0B 2R0 * (519) 655-2031 * www.peoplecare.ca



Celebrating August

Happiness Happens Month

Live Entertainment

- Music with Traci - August 2nd*
- Music with Conn – August 9th*
- Sing Along with Bobby – 12th*
- Music with Paul H- August 16th*
- Music with Brent – August 22nd*
- Music with Shaky D – August 29th*

Excursions

- Stroll along the Avon River - August 4*
- Tour of Gunn Hill Cheese – August 10th*
- Stratford Chocolate Trail – August 18th*
- August Birthday Lunch – August 25th*

International Lefthander's Day

August 13

Elvis Week

August 9–17

Ice Cream Truck

August 23rd

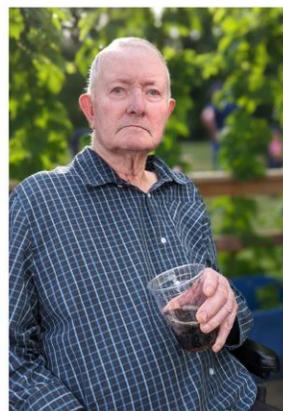
Birthday Bash with Shaky D

August 29th

HELLO *August*

CAN TIME SLOW DOWN PLEASE?

peopleCare
communities



Welcome Home

Harold and Jeanette



Happy Birthday

To all those born in **August!**

Name	Date
Bob B	6 th
Arvilla L	7 th
Dorothy K	14 th
Harold M	21 st

August Birthdays

In astrology, those born from August 1–22 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings. Those born from August 23–31 are Virgo's Virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail.

Here's what's great about August birthdays: August birthstone is peridot, which is associated with peace and happiness. Your August baby's flower is the gladiolus, or 'sword lily,' which represents calmness and integrity. August is named after Rome's first emperor, Augustus Caesar (heir to Julius Caesar). It has 31 days because he wanted as many days as Julius Caesar's month of July had. August babies tend to be strong, confident and organized. They are also fantastic friends and very compassionate.

In Memory of

Bob A

Our deepest thoughts and sympathies go out to the family and friends

"He spoke well who said that graves are the footprints of angels."

~Henry Wadsworth Longfellow

Council Corner

Resident Council we have restructured our Council and are happy to introduce the following members who have volunteered to take more of a leadership role, and are working together to support the home.

Join us at our next meeting August 19th at 2:30pm in the Upper Dining Room.

peopleCare
Tavistock
Residents'
Council
Leadership
Team

Coming Together is a Beginning.
Keeping Together is Progress.
Working Together is Success.
- Henry Ford

Let's celebrate summer with a FREE Ice Cream for the Staff and Residents

Ice Cream

Truck is coming...

FRONT YARD | TUESDAY AUGUST 23RD

2:45PM - 3:30PM

Made with PosterMyWall.com

Hole in One

The first Saturday of August is Disc Golf Day. On the holiday last year, it is estimated that thousands of golfers threw 732,152 shots on 209,113 tournament holes. So, if you decide to play a round of disc golf today, you certainly won't be alone.

August has always been a banner month for disc golf. The first national disc golf tournament, the American Flying Disc Open, was held on August 2, 1974, in Rochester, New York. Organizers hoped to attract both disc golfers and Frisbee enthusiasts by offering a brand-new car to the tournament champion. The success of the Open established disc golf as a new national pastime.

August 12, 1997, marks another important date in disc golf history. Famed toymaker "Steady" Ed Headrick, inventor of the Frisbee and founder of the Professional Disc Golf Association, invented the chain basket device that acts as the "hole" in disc golf. Upon Ed's death in August 2002, his ashes were incorporated into a select number of flying discs, ensuring that he would play his beloved game forevermore.

A LA CARTE MENU

 <p>SANDWICHES Peanut Butter Cheese Sandwich Peanut Butter & Jam</p>	 <p>FRESH FRUIT Banana Orange Apple</p>
 <p>TOAST Butter Marmalade Peanut Butter Strawberry Jam Honey</p>	 <p>COLD CEREAL Corn Flakes Special K Cheerios Bran Flakes Rice Crispy Bran Buds</p> <p>Available to Add: Raisins & Brown Sugar</p>
 <p>CHEESE</p>	 <p>FRUIT CUP</p>
 <p>YOGURT</p>	 <p>NUTRI-GRAIN CEREAL BAR</p>
 <p>INSTANT OATMEAL</p>	 <p>BOWL OF SOUP Mushroom Vegetable Tomato Chicken Noodle</p>

Connect with Kristen

VOLUNTEERS NEEDED

GET INVOLVED

Palliative Corner

Greetings!

What am I signing when I sign an advanced care directive on admission and annually thereafter?

You the resident and/or the POA for care are helping to guide registered staff and the physician in the planning of care when death is expected to occur soon or where a catastrophic event such as a cardiac arrest, stroke or a large seizure which can cause cardiac arrest occurs. Hopefully, if you are the POA of care the resident has when able to discuss with you their wishes in regards to end of life care. The biggest part of the decision is deciding whether CPR should be initiated by the registered staff. This provision needs to occur immediately so staff need to know in advance your wishes in regards to this. If you are the POA of care and you have not had discussions with your loved one when they were capable of expressing their wishes in regards to this- think to a time when perhaps someone else close to them died and how they responded and what they said. Their words in those times may offer a clue to you to aid in your decision. Remember as a POA of care you are making a decision for them that they would make for themselves if they could. If you are experiencing guilt or other negative feelings around this decision please reach out to talk with myself (sheri), your home area nurse, our social worker, one of our chaplains or perhaps another family member or friend.

If you choose CPR then you will automatically need to be a Level Two- End of Life Care as it will require transfer to hospital. You can also choose Level Two if you wish to transfer to hospital at end of life but do not want CPR. The other choice is Level One which is End of life care in the long term care home. No transfer to hospital. No CPR.

We are here to help ensure you or your loved one gets the care they desire at end of life. Having open discussions with team members and asking questions prior to needing the answer aids in having the opportunity to weigh the pros and cons of your decisions, talk through feelings associated with these decisions and allows you to be aware of the plan in advance helping to ease perhaps some anxiety around end of life care.

HAPPY AUGUST!

Hello Everyone

Thank you all for your efforts in keeping our home safe from COVID! Please remember to get screened when you visit and to follow Rapid Testing Guidelines. Our Home continues to require that general visitors and designated family caregivers wear masks during indoor visits.

A reminder before you visit to view the training videos on our website: [PeopleCare.ca/Covid-19 Updates/Family Caregiver Programs/Resources to Support Visitors](https://www.peoplecare.ca/Covid-19/Updates/Family-Caregiver-Programs/Resources-to-Support-Visitors)” How to Hand Wash, How to Hand Rub, Putting on Full PPE, Taking off Full PPE.

Visit our website at [peopleCare.ca](https://www.peoplecare.ca) to get a digital copy of our Monthly Newsletter and to get the most up to date information regarding Covid-19 at peopleCare Communities.

Thank you to all that attended our Town Hall Meeting on July 20th – our next meeting is scheduled for October 26th – hope to see you there.

Sharing with you that our Social Worker Colleen will be leaving us, her last day in Tavistock will be August 5th. Colleen will continue to be part of the peopleCare Community family, and will be working closer to home. We thank Colleen for her service to Tavistock, she will be missed! We will share with you when a replacement has been finalized.

Congratulations to the following staff who were recognized through our Heart Beats Program and who were able to collect their \$100 reward:

Anna A., Eleanor V., Val M., Wendy B., Shawna M., Ashley C., Marilyn C.

Good for you all – and thanks for your hard work and dedication!

Happy Civic Holiday on August 1st!

Enjoy your Summer!
Deb Wettlaufer, Executive Director

Infection Prevention and Control

Happy August to All!

A few things to note:

· We thank those who have been visiting in the last month. We appreciate concerns you may have regarding our screening, rapid testing processes and wearing of masks during visits that remain in place. It is difficult when regulations have relaxed in the general public sector and yet we in long-term care have not followed suit. Remember all these steps are important in decreasing the risk of transmission to our residents of Covid-19. Our residents are more vulnerable than others- many have co-morbidities that make their status frail and a virus can have a major impact on their health status; they were among the first to be vaccinated and as time goes on their immunity is waning- most of them received 4th dose in Jan 2022; and all of our diligence in prevention is a gift to each of them.

· We wish residents to have their people visit them- it is so very important to their psychosocial health. If you are not vaccinated and the resident and/or in combination with their POA for care wish for your presence here at their home we have alternatives available including but not limited to outdoor visits, window visits, and on-line virtual visits via our recreation department. In circumstances where these are not meeting the resident needs please reach out to me to see how we can develop a plan that will meet their needs and the health and safety of all residents.

· This past month 4th dose vaccines have become available to the general public except for children and current Public Health recommendations are to receive the 4th dose if it has been more than 5 months since your 3rd dose. Please review your vaccine history and consider getting your next dose when eligible to protect yourself and your loved ones.

· There is talk of a 5th dose for residents. I have not received information from Public Health yet regarding when this will be available or which vaccine it will be. Please start to consider this in regards to your loved one. Once information formerly received we will be reaching out again for consent for this vaccine.

-Sheri Gallivan, RN,ADOC and IPAC Coordinator



peopleCare is here for you!

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in all our Homes. Please remember all of the programs that peopleCare has to assist you in your personal lives, educational pursuits and employee recognition! If you are unfamiliar with any of the following, please speak to your manager:

- Employee Assistance Program
- Education Assistance Program
- HEARTbeats Rewards and Recognition Program
- Disaster Relief Fund

Living the peopleCare Values

GROWTH

**Embrace Change, maximize
Opportunity**

Are you the best you can be?



<https://www.facebook.com/PeopleCareCommunities/>

Leadership Team Contacts

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HEARTbeats

Congratulations to our June Draw Winners!

Name of Giver: Deb M
Name of Receiver: Teresa H

The receiver will take home a \$25 gift card for displaying the peopleCare Values!

Thank you for all you do



Name: _____ Date: _____

Summer Word Search

G	S	G	R	V	S	B	L	O	H	J	P
T	U	F	O	R	W	N	K	Q	N	P	M
M	M	H	B	Z	I	H	O	T	O	L	B
V	M	S	U	Y	M	I	P	E	I	S	U
P	E	Z	G	Z	S	S	M	G	T	S	V
F	R	K	S	M	U	E	K	B	A	P	N
L	J	N	O	B	I	S	A	L	C	C	E
N	O	I	V	T	T	S	X	M	A	H	N
N	L	V	W	S	E	A	J	U	V	M	U
D	V	P	U	B	B	L	O	O	P	X	J
X	T	G	A	J	N	G	H	G	R	S	U
U	U	L	A	B	J	N	R	C	T	F	L
A	L	X	O	A	W	U	J	I	A	T	Y
V	H	C	S	U	N	S	C	R	E	E	N
Y	P	E	R	O	S	U	N	N	Y	K	B
E	D	A	N	O	M	E	L	J	F	U	B

SUMMER

SUNNY

SUNSCREEN

POOL

LEMONADE

BEACH

SWIMSUIT

BUGS

VACATION

BASEBALL

JUNE

JULY

HOT

AUGUST

SUNGLASSES





Spot The Difference



Compare the two pictures. Circle the things in the first picture that are missing from the second.



